



YOUTH FITNESS & SPORTS

Where Grades are listed for age categories, grade levels apply to 2007/2008 school year.



Tennis Lessons

Grades 2-8

Stay active this summer playing the popular game of tennis! Beginners will learn the basics, including fore-hand/backhand strokes, body positioning, serving and scoring. Advanced players will continue to improve basic skills while refining their game. Players need to bring rackets and enthusiasm, balls are provided.

Min/Max: 6/12 15 Classes

Instructors: Jeff Pierscionek and Cameron Cross

Location: Tennis Courts-Emricson Park

Fee: \$65 Resident/\$85 Non-Resident

Day: Mon-Fri

Session: Jun 11-29

(Jul 2-6 will be used as make-up days if needed.)

Grade	Time	Program #
2 & 3	9:00-10:00 am	127071

Grade	Time	Program #
4 & 5	10:00-11:00 am	127072

Grade	Time	Program #
6-8	11:00-noon	127073

Session: Jul 16-Aug 3

(Aug 6-10 will be used as make-up days if needed.)

Grade	Time	Program #
2 & 3	9:00-10:00 am	127074

Grade	Time	Program #
4 & 5	10:00-11:00 am	127075

Grade	Time	Program #
6-8	11:00-noon	127076

Fitness for Body, Mind & Spirit

Grades 2-6

Join other girls your age for a total body workout that is fun and challenging. This fitness class combines creative dance with the principles of muscle control and core training from Pilates and the stretching, breathing and relaxation from the art of yoga.

Min/Max: 6/8 6 Classes

Instructor: Cindy Robson, AFAA Certified Group Fitness Instructor

Location: Recreation Center Aerobic Floor

Fee: \$39 Resident/\$58 Non-Resident

Day/Time: Fri/11:00 am-noon

Session	Program #
Jul 13-Aug 17	127341



Tae Kwon Do/Karate

5 Years & Up

This popular martial art will help students gain a positive self-image, discipline and agility while improving overall fitness - and it's fun too! Min/Max: 18/25

Beginner 11 classes

Yellow Belt & Up 22 classes

Instructor: John Byard, 5th Degree Black Belt

Asst Instr: Courtney Cross, 3rd Degree Black Belt

Location: Recreation Center Multi-Purpose Room

Session: Jun 11-Aug 29 (Exc 7/2, 4)

Day/Time: Mon/4:00-5:00 pm

Level	Program #
Beginner	127101

Fee: \$48 Resident/\$68 Non-Resident

Day/Time: Wed/4:00-5:00 pm

Level	Program #
Beginner	127102

Fee: \$48 Resident/\$68 Non-Resident

Day/Time: Mon & Wed/5:15-6:15 pm

Level	Program #
Yellow Belt & Up	127103

Fee: \$96 Resident/\$116 Non-Resident



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Children must be the age or grade listed by the first day of the program-no exceptions.



Tee Ball / Bittie Ball

5-7 Years

FREE FOR VOLUNTEERS - Parents, we need you! Please e-mail Alan at adunker@woodstockil.gov if you're interested in becoming a volunteer coach! If you are a volunteer coach, the registration fee will be waived for one child. **A required coach's clinic will be held at City Hall, 121 W. Calhoun St, on Tuesday, May 29, at 6:30 p.m. for Tee Ball and 7:30 p.m. for Bittie Ball.**

ATTENTION 6 YEAR OLDS-We have a program to suit personal abilities and skills. All six-year-olds have the choice of an additional year of Tee Ball, or to try their hand at Bittie Ball.

Tee Ball

5 & 6 Years

(on or before Aug 1, 2007)

Our Tee ball program is a great way to introduce girls and boys to our national pastime of baseball/softball. Young players learn the basic skills of catching, throwing, and base running without having to face a pitcher. The SafeTee ball is batted from a "tee," and players are off and running. We will provide all equipment except for mitts. Fee includes team cap and shirt. **REGISTRATION DEADLINE IS TUESDAY, MAY 22.** Min/Max: 70/140

Fee: \$35 Resident/\$52 Non-Resident
Day/Time: Games-Sat/9:00, 10:15 & 11:30 am
Practices-Tue or Thu/
4:00, 5:00, 6:00 or 7:00 pm

Session **Program #**
Jun 12-Jul 28 127491
(Exc. Jul 3, 5 & 7)
(Rain Date, if needed 8/4)



Youth Flag Football League

If you are interested in the Recreation Department forming a youth Flag Football League or being a coach in the league, please e-mail Alan at adunker@woodstockil.gov. **League would start in late September.**

Bittie Ball

6 & 7 Years

(on or before Aug 1, 2007)

This program is designed to help prepare for future upper-level baseball/softball experiences. Participants will play games and practices with a "Coach Pitch" format. Fee includes team cap and shirt. **REGISTRATION DEADLINE IS TUESDAY, MAY 22.** Min/Max: 70/140

Fee: \$35 Resident/\$52 Non-Resident
Day/Time: Games-Sat/9:00, 10:15 & 11:30 am
Practices-Tue or Thu/
4:00, 5:00, 6:00 or 7:00 pm

Session **Program #**
Jun 12-Jul 28 127501
(Exc. Jul 3, 5 & 7)
(Rain Date, if needed 8/4)

Youth Golf Lessons

5-14 Years

This introductory class will thoroughly cover the fundamentals of the game of golf including basic stance, grip, posture, and swing. The proper rules and etiquette will also be covered. Participants must bring at least one golf club (3, 5, or 7 iron). The price includes unlimited practice balls during class. Min/Max: 8/20 5 Classes

Instructor: Jim Buenzli, Mike Haase, or Staff
Location: Boone Creek Golf Course,
6912 Mason Hill Road
Directions: Take Country Club Road east from
Route 47. Turn left on Mason Hill Road.
Go approximately 3 miles, the course is
on the left.
Fee: \$66 Resident/\$86 Non-Resident

Day/Time: Mon/5:00-6:00 pm
Age: 5-9 Years

Session **Program #**
Jun 18-Jul 16 127111

Day/Time: Wed/5:00-6:00 pm
Age: 10-14 Years

Session **Program #**
Jun 20-Jul 25 127112
(Exc. 7/4)